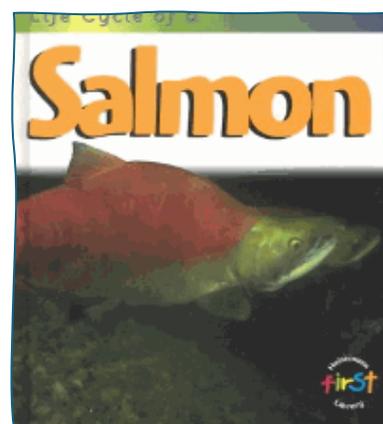
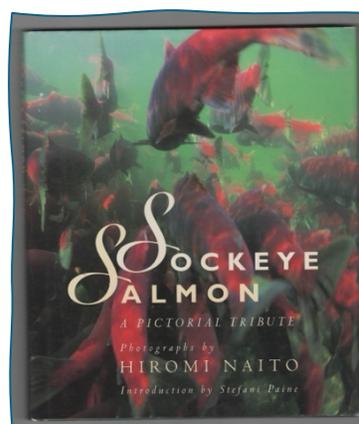
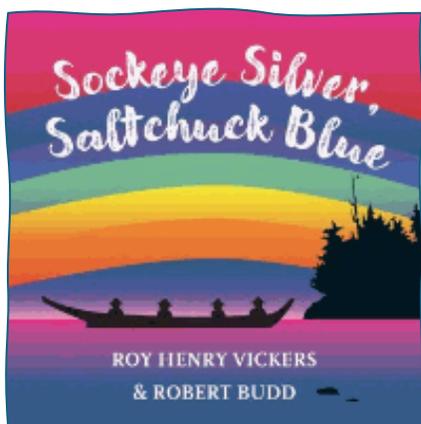


# April 21 - May 19 Temkwíkwexel (Time for Baby Sockeye Salmon)



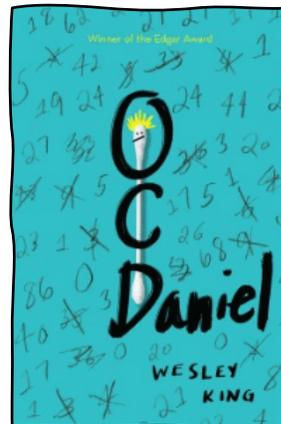
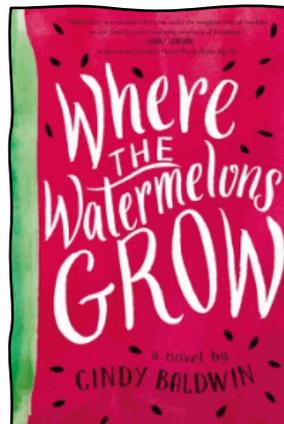
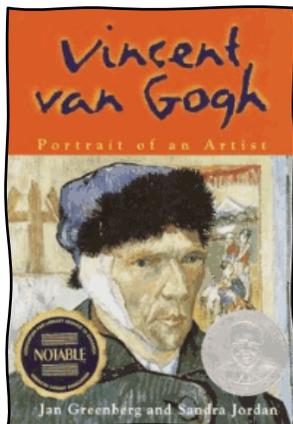
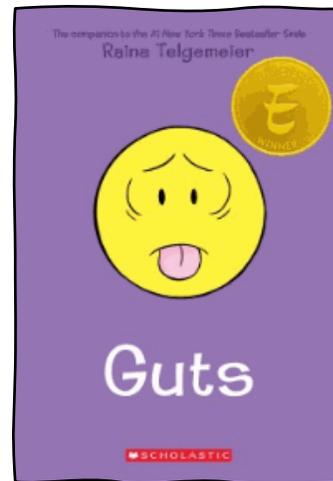
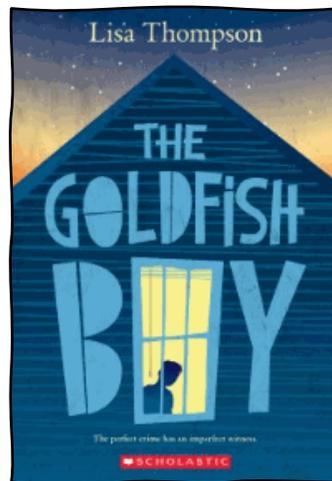
Kwíkwexel is “baby sockeye salmon”. Some call the month Lhemt’óles, which means “spring shower in the eyes”.



# Mental Health Awareness Month

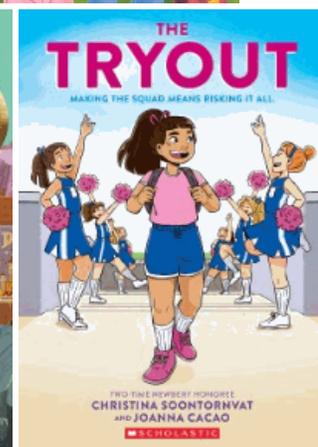
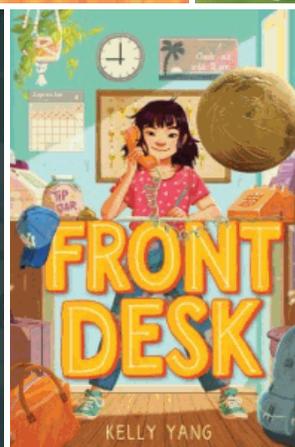
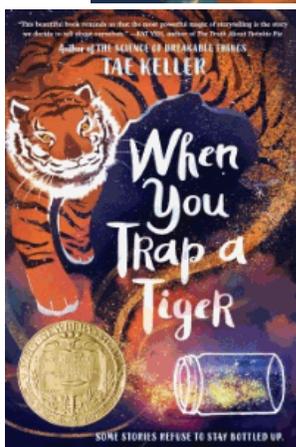
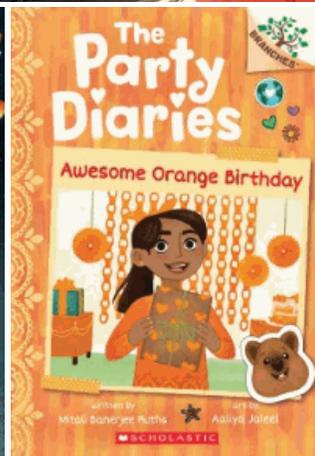
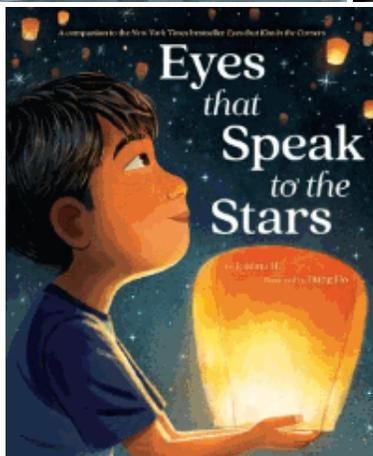
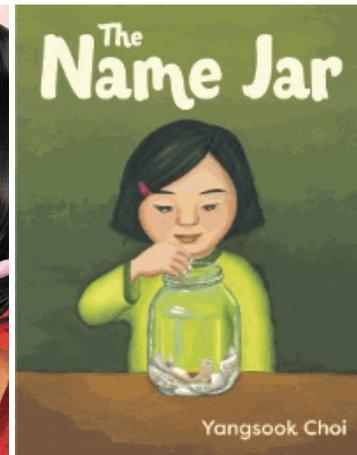
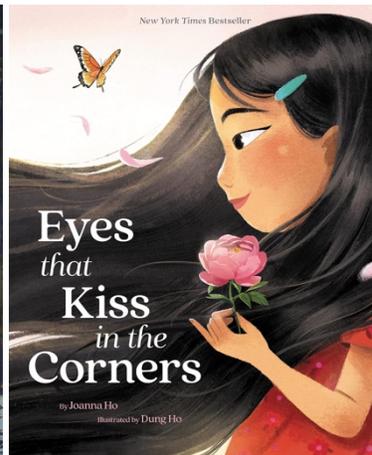
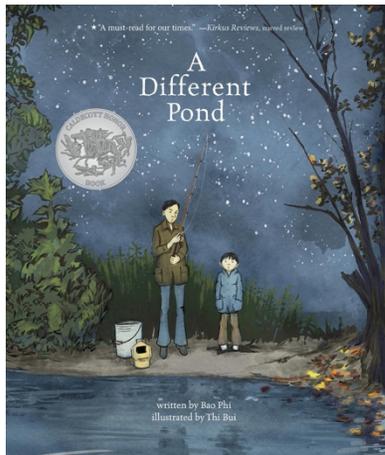
## (and May 5-11 Mental Health Week)

May is Mental Health Awareness Month, a time to bring attention to the importance of mental health and of understanding mental illness. 1 in 5 Canadians has mental health issues each year; being able to recognize and seek help or support others are important skills.



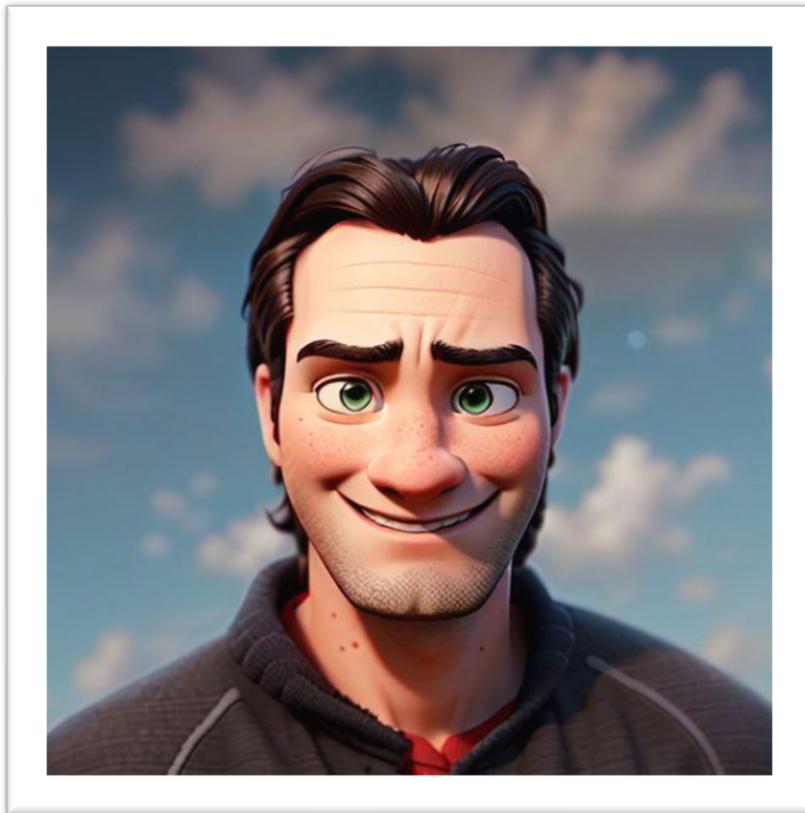
# Asian Heritage Month

Asian Heritage Month is celebrated to highlight the culture, history, and contributions of Asian-Canadians in Canada.



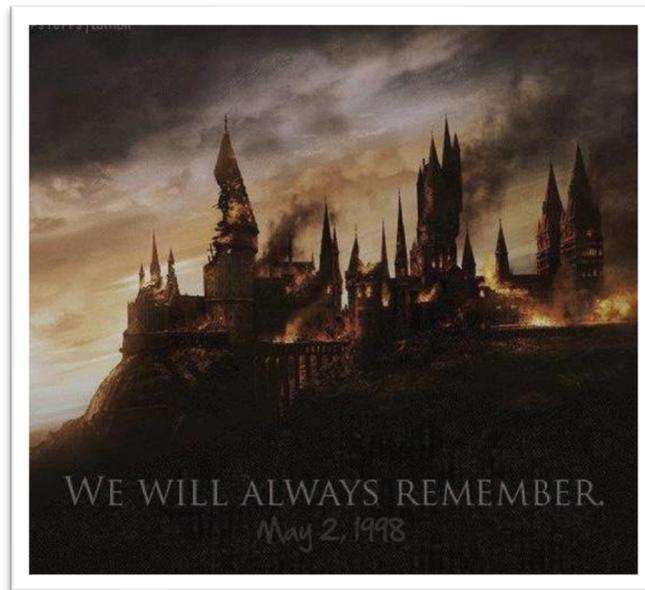
# May 1 - School Principal Day

A school principal is the head of the school and so much more. Their job includes meeting with the teachers, understanding the students' concerns, and aiming to make the school better in all ways. This is a day to show appreciation for their dedication and commitment to education, educators, and students.

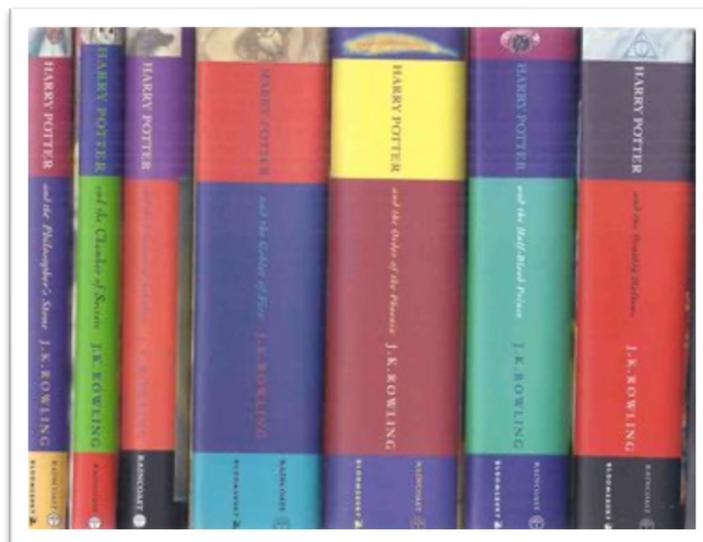


Thank your principal and vice principal! Let them know they are appreciated. You can tell them in person or give a thank you card.

# May 2 - International Harry Potter Day

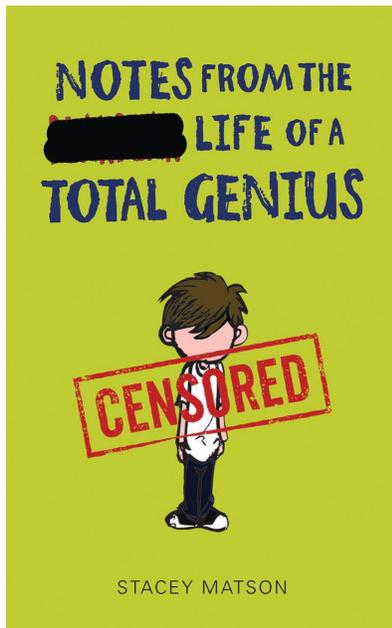


Since 2012, when Britain's Prime Minister David Cameron's declared that May 2 would forevermore be known as International Harry Potter Day, this concept has spread beyond Britain. Why May 2? The Battle of Hogwarts was fought on this date in 1998. The final conflict of the Second Wizarding War took place at the Hogwarts School of Witchcraft and Wizardry.

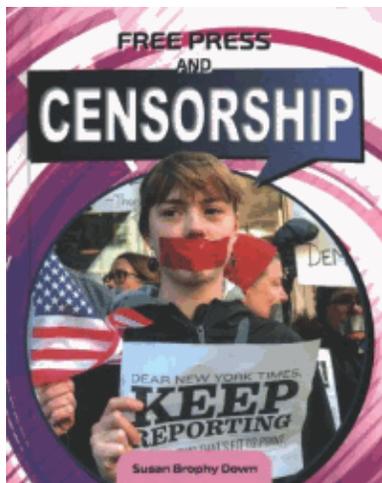


# May 3 - World Press Freedom Day

All stories deserve to be told and the role of journalists is crucial. It is through their work, courage, and perseverance that we can know what is happening across the planet. World Press Freedom Day in 2024 is dedicated to the importance of journalism and freedom of expression in the context of the current global environmental crisis.



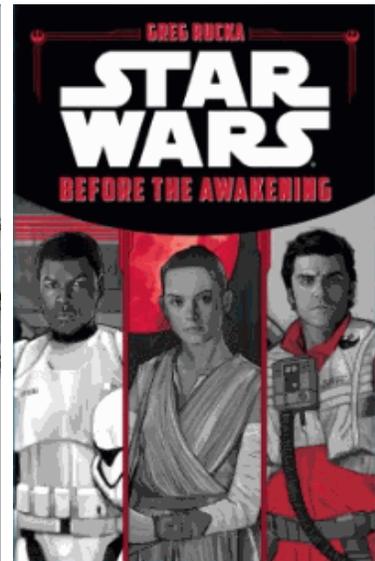
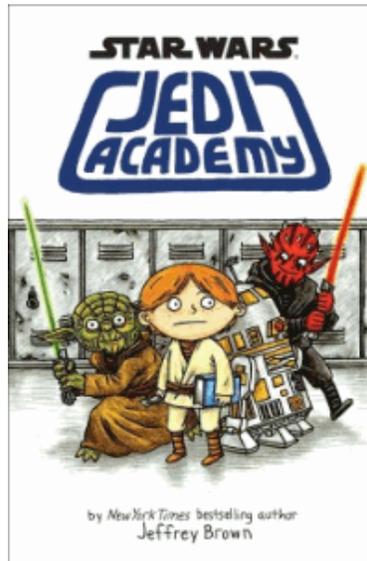
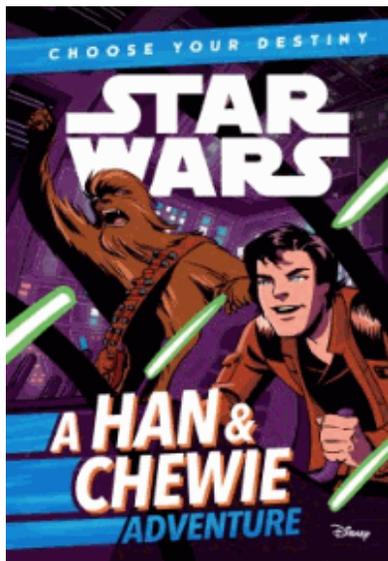
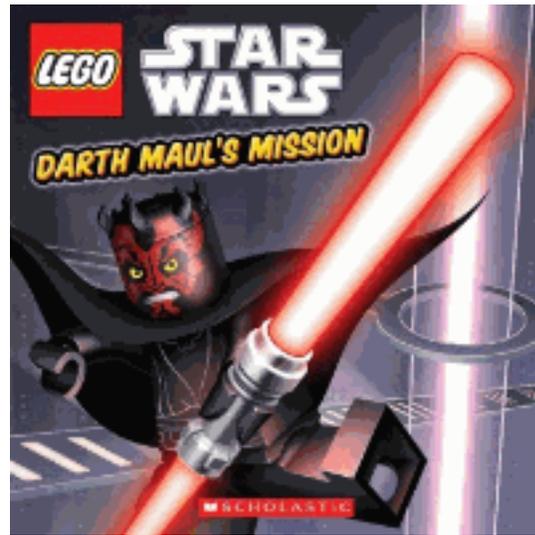
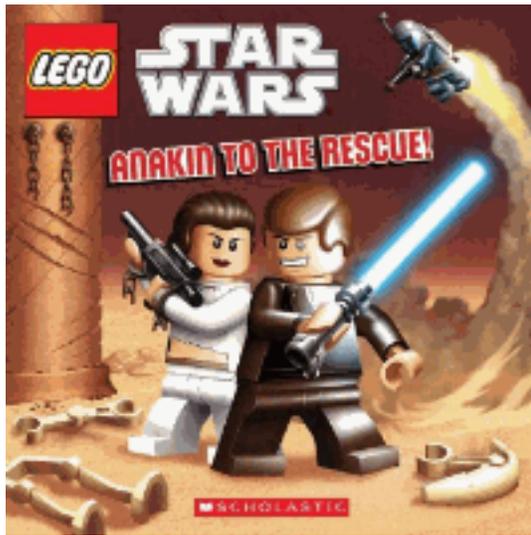
Notes from the life of a total genius by Stacey Matson - It's Arthur Bean's last year of junior high, and he finally has his own column in the school newspaper: Just One Guy's Opinion. But his co-editor Kennedy is mad at him (not that he still wants to be her boyfriend) and his friend Robbie has moved to another city. Now he's on a collision course with the new principal over censorship. Can Arthur make it to grad without starting a revolution?



Free Press and Censorship by Susan Brophy Down - This book takes a probing look at what press freedom and censorship means, as well as where people find information, who owns and controls the press in a 'free world,' and what makes good, reliable journalism"--Provided by publisher. (M-300 DOW)

# May 4 - Star Wars Day

May the Fourth be with you! The 1977 release of "Star Wars" changed Hollywood forever. Four decades later we're still hooked. Did you know it started with a book? The book "Dune" by Frank Herbert, first published in 1965, is regarded as the inspiration for "Star Wars"; it has huge similarities between characters and storyline. It is a great day to read Star Wars!



# May 5 – 11 - Mental Health Week

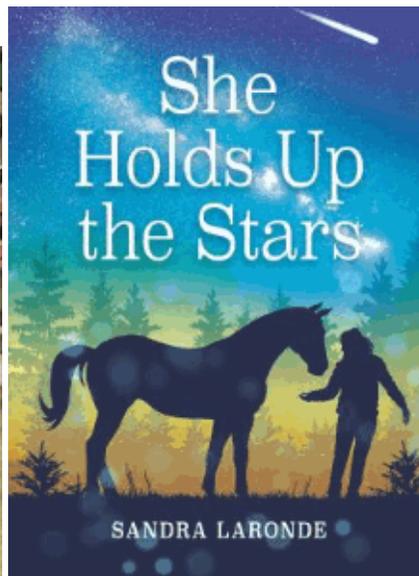
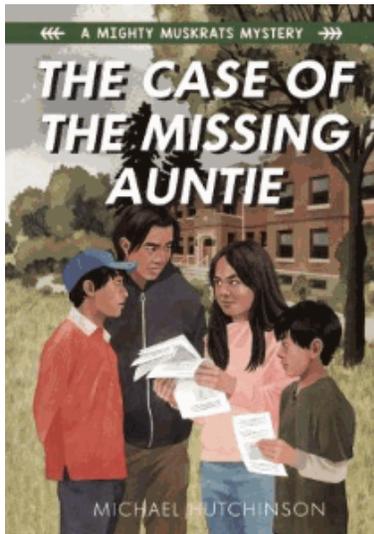
A Call to be Kind ~ We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health Week is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.



Teacher Toolkit here: <https://cmha.ca/mental-health-week/toolkits/>

# May 5 Red Dress Day

Red Dress Day 2025 is a National Day of remembrance and activism honouring the lives of Missing and Murdered Indigenous Women, Girls, and Two-Spirited People (MMIWG2S+). It began with the REDress Project, created by Métis artist Jaime Black in 2010. On this day, red dresses will be draped in trees, hanging from windows, pinned to jackets, worn as earrings and red hands painted across faces. Some people will take part in ceremonies to honour loved ones, participate as allies, and to fight for justice.



# May 8 - World Red Cross Day

Today, the Red Cross is celebrated. The Canadian Red Cross and Red Cross organizations world-wide responding to and helping people who have been impacted by disasters, such as wildfires in Canada, earthquake, drought, and floods, food and medical supplies for refugees and people impacted by war, support in disease outbreaks, and more. You can see why people celebrate the values of the Red Cross: supporting the most vulnerable and strengthening communities, showing humanity in the midst of inhumanity. What are current donations being used for?

## Urgent Canadian Relief Efforts



Canadian Disaster Relief Fund



Canadian Wildfire Fund



Indigenous Communities Fund

## Urgent International Relief Efforts



International Disaster Relief Fund



International Programs Fund

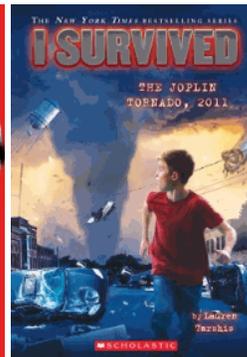
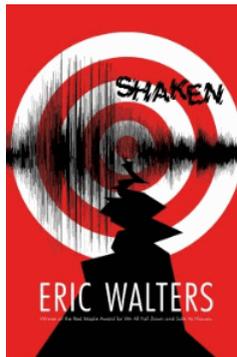
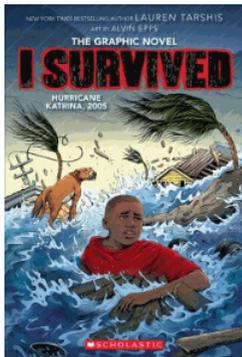


Middle East Humanitarian Crisis Appeal



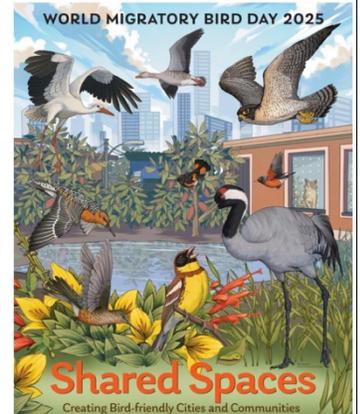
Ukraine Humanitarian Crisis Appeal

## TO READ:



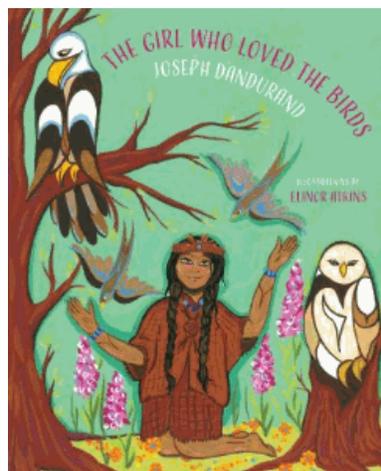
# May 10 – World Migratory Bird Day

World Migratory Bird Day is a special day to celebrate incredible migrating birds and help to protect them. This year, we're focusing on making our communities more bird-friendly – safer, with clean water, fewer chemicals, and native plants.



Some of our migratory birds:

- Green-winged Teal
- Northern Pintail
- Lesser Snow Geese
- Trumpeter Swans
- Surf Scoters
- Bald Eagles
- Northern Harriers
- Black-bellied Plover
- Red-tailed Hawks
- Peregrine Falcons
- Short-eared Owls
- Green Herons
- Western Tanagers
- Ospreys
- Various Warblers
- Various Swallows
- Turkey Vultures
- Mergansers
- Grebes
- Cinnamon Teal



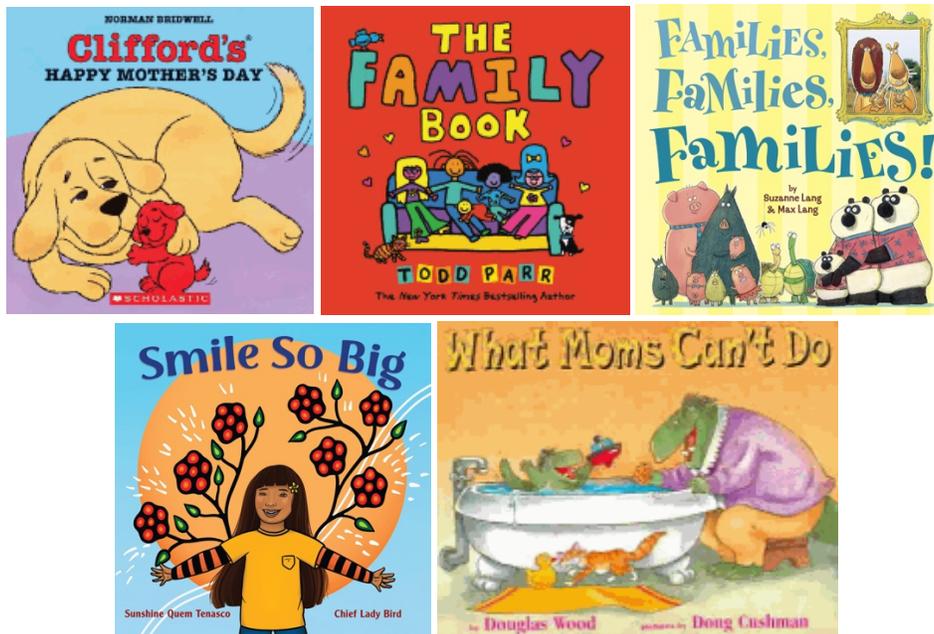
# May 11 - Mother's Day - Tà:ls Swáye in Halq'emeylem

On this day, we honour and appreciate the mother's and mother-figures (aunt, grandma, other significant caregiver – any gender) in our lives.

Fun facts:

- There are just over 1000 babies born each day in Canada.
- Across languages, most words for mother start with the letter M.
- According to one study, what mom's really want for Mother's Day is time – time with their loved ones and time for themselves.

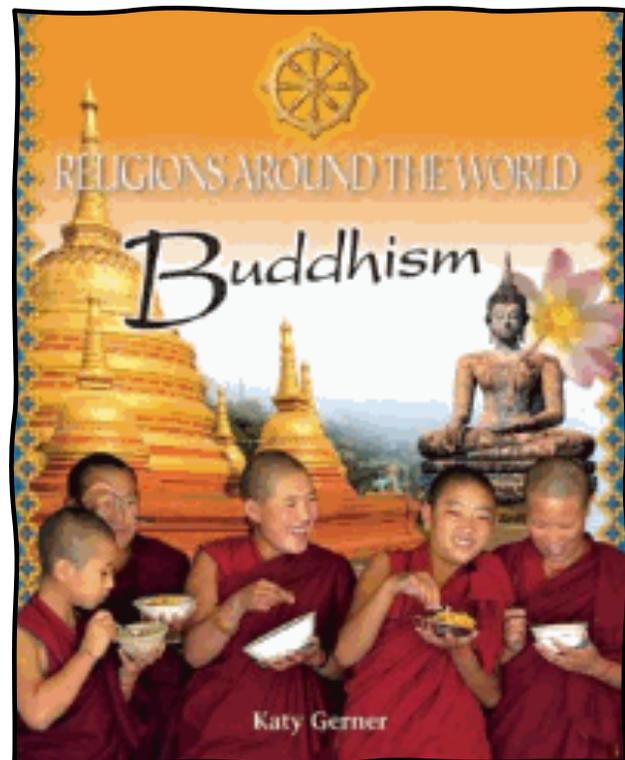
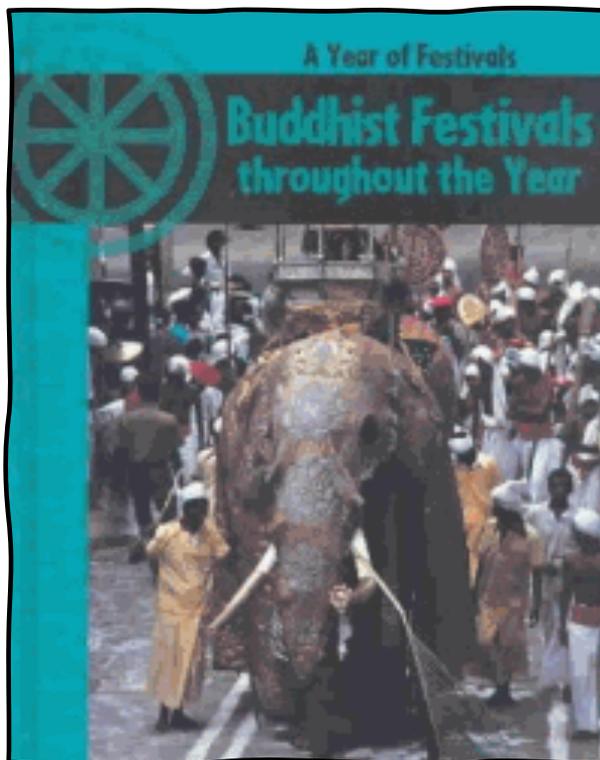
## BOOKS RELATED TO MOTHER'S DAY



# May 12 - Vesak (Buddha Day)

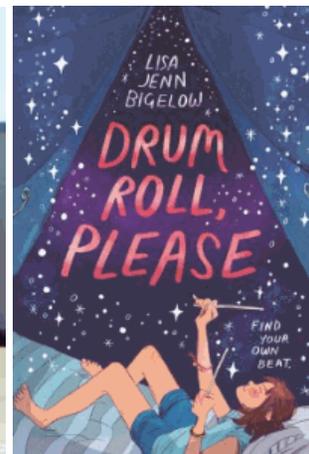
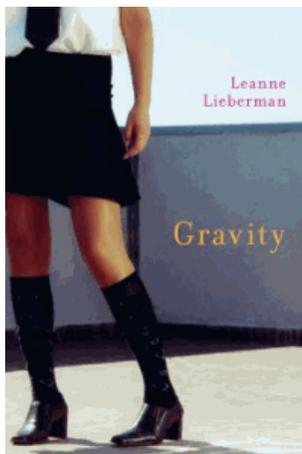
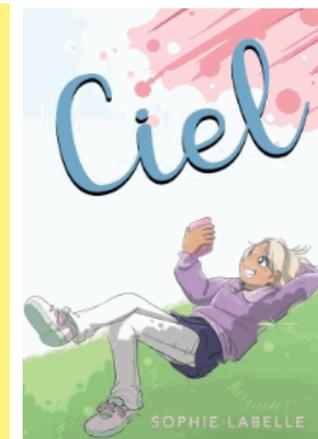
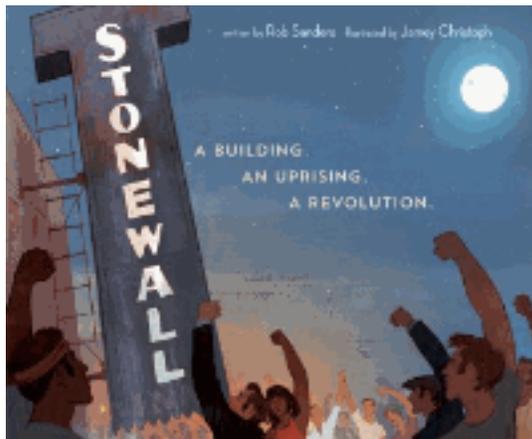
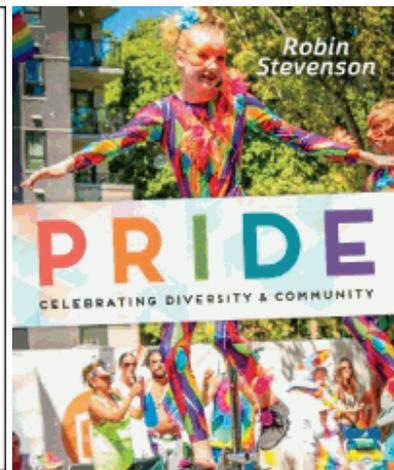
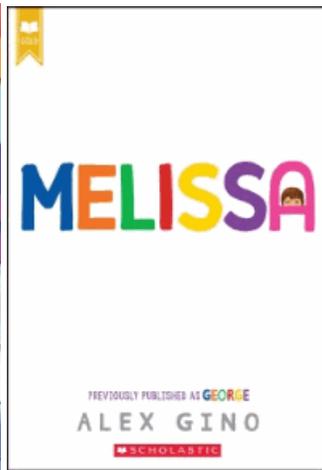
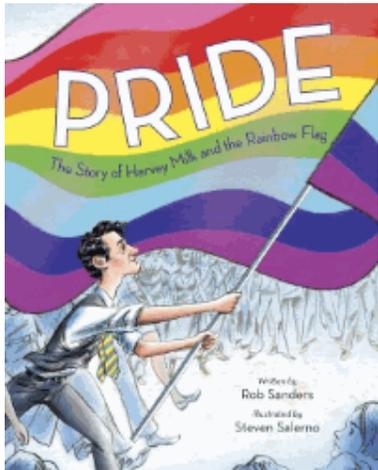


"Vesak", the Day of the Full Moon in the month of May, is the most sacred day to millions of Buddhists around the world. It was on the Day of Vesak two and a half millennia ago, in the year 623 B.C., that the Buddha was born. It was also on the Day of Vesak that the Buddha attained enlightenment, and it was on the Day of Vesak that the Buddha in his eightieth year passed away. The teachings of the Buddha, and his message of compassion and peace and goodwill are followed by many.



# May 17 - International Day Against Homophobia, Transphobia, and Biphobia

A day to rally against 2SLGBTQ+ discrimination and promote a more inclusive and accepting world.

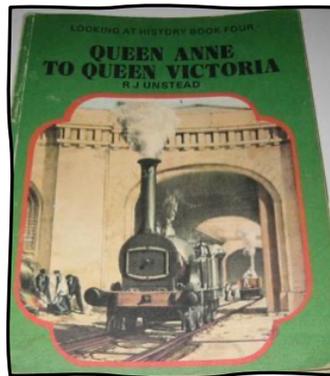


# May 19 - Victoria Day

## Mektôliya Swáyel in Halq'emeylem



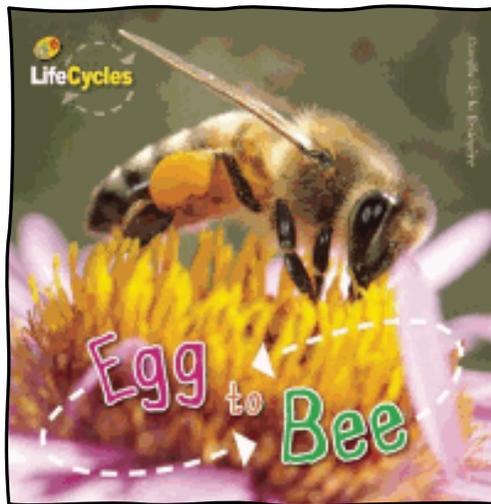
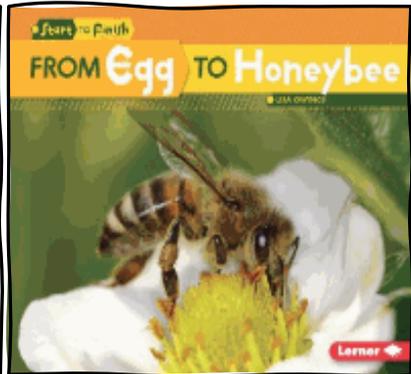
Some Canadians celebrate the birthday of the king or queen of Britain, also known as the Sovereign (person who reigns). May 24, the former Queen Victoria's birthday, was declared a holiday by the Legislature of the Province of Canada in 1845. During her long reign (1837-1901) she governed the Dominion of Canada until she proclaimed the Confederation of its first 4 provinces in 1867 and selected Ottawa as the national capital. After the death of Queen Victoria in 1901, an act was passed by the Parliament of Canada establishing a legal holiday every May under the name Victoria Day, even if it is not the actual birthday of the current king or queen.



# May 20 – UN’s World Bee Day

## BEE ENGAGED

Did you know three out of four crops across the globe that produce fruits or seeds for use as human food depend on bees and other pollinators. Bees and other pollinators, such as butterflies, bats and hummingbirds, are increasingly under threat from human activities. We all depend on pollinators so it is important to monitor their decline and stop the loss of biodiversity.



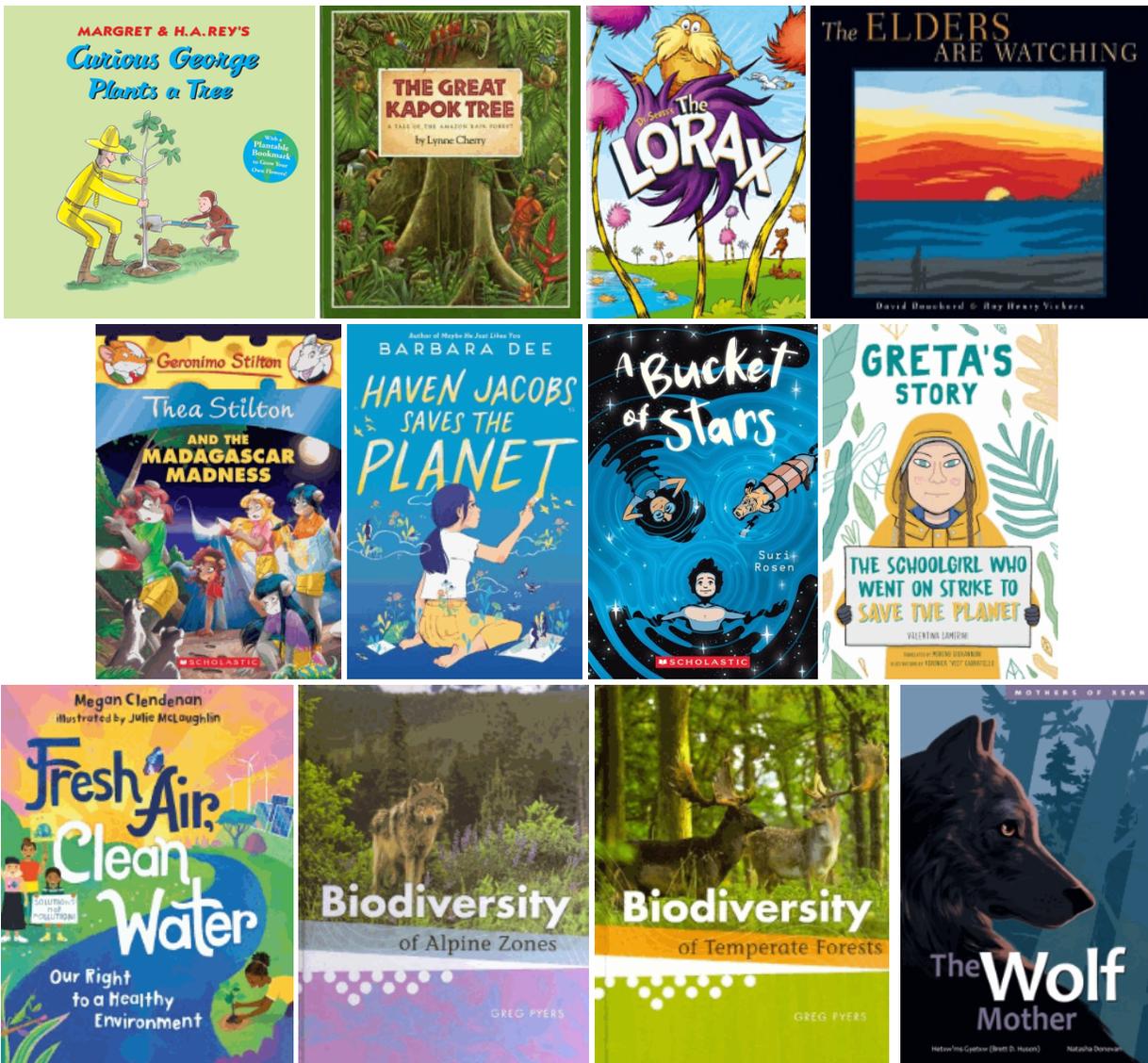
# May 21 - World Day for Cultural Diversity for Dialogue & Development

- A day to celebrate cultural diversity and to encourage dialogue that leads to better mutual understanding and cooperation.



# May 22 - International Day for Biological Diversity

Every piece of an ecosystem depends on the other pieces like a jigsaw puzzle and we humans are depend on healthy ecosystems for our water, food, medicines, clothes, fuel, shelter and energy, just to name a few. Loss of biodiversity threatens all, so we must all work together to protect our land, waters, plants and animals. That is what this day is about – to educate and to bring awareness to the importance of biological diversity.

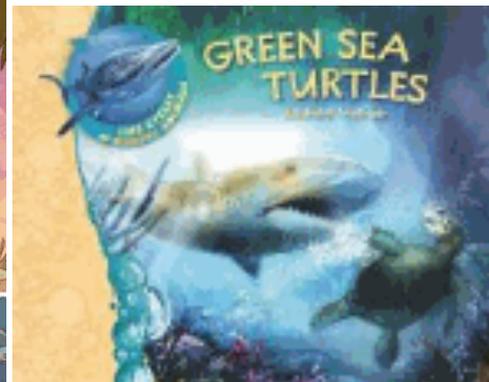
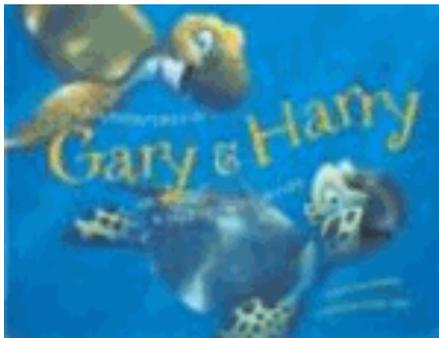


# May 23<sup>rd</sup> – World Turtle Day

Let's "Shellebrate"! This day celebrates turtles around the world and raises awareness about the threats they face.

Did you know Chilliwack is home to the endangered Western Painted Turtle? It is the only turtle species left here that is native to this area.

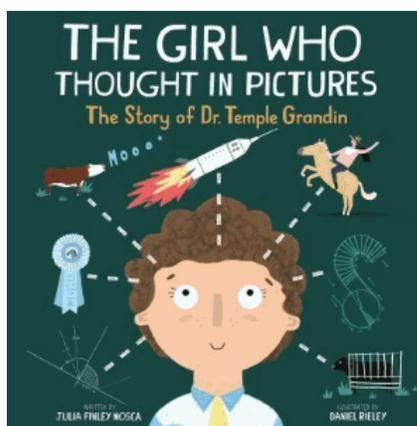
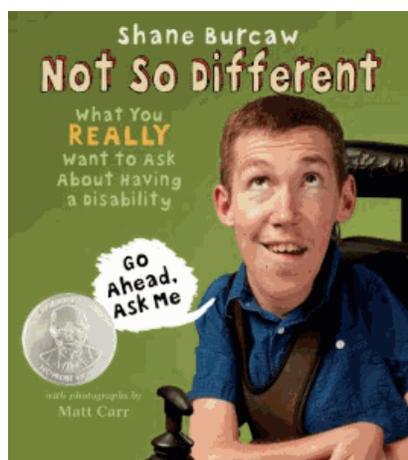
It looks a lot like another turtle found here called a Slider, but our Western Painted Turtle has a red or orange underside, while the slider has a yellow underside.



# May 26 – June 1 National “AccessAbility” Week



This year, the theme for National AccessAbility Week is "Forward Together: Accessibility and Inclusion for All," reminding us of the need for all of us to work together to create a barrier-free Canada. What does this mean? People with disabilities can move around safely, have adaptations needed for success and for equal access to opportunities.



# May 31 - UN World No Tobacco Day



This yearly celebration reminds us of the dangers of using tobacco and what people around the world can do to claim their right to health and healthy living.

